


Sputum Collection

This document is applicable at site(s):

All Sites

How to Prepare	<ul style="list-style-type: none"> The ideal time to collect the sample is early in the morning just after getting out of bed. However, sample may be collected at any time sputum is available to be produced. Sputum collection for Culture and Sensitivity-Do not use mouthwash or brush teeth with toothpaste immediately before collection.
Risks or Cautions	<ul style="list-style-type: none"> No risks or cautions.
Labelling the Specimen	<p>Label the collection container with the following information:</p> <ul style="list-style-type: none"> Your (the patient) full first and last name The date and time of specimen collection Your unique personal health number (PHN or ULI#) Alberta PHN is found on the Alberta Personal Health Card  <p>If you do not have a PHN or ULI please ask your local laboratory for alternatives. Please note all specimens need 2 identifiers to be processed.</p>
Lab Requisition	<ul style="list-style-type: none"> Print the date and time the sample was collected on your lab requisition. Fold and place the requisition in the outside pocket of the plastic bag.
Collecting the Specimen	<ol style="list-style-type: none"> Use the sterile container provided by the laboratory or your physician. Gargle and rinse your mouth with water. Open the container and hold it very close to your mouth. Take as deep a breath as you can and <u>cough, deeply from within the chest</u>. Do not spit saliva into the container. The sample you cough should look thick and be yellow or green in color. A minimum of 15mL (1 tablespoon) of sample is required. Close the container lid tightly.
Specimen Delivery to Lab	<ul style="list-style-type: none"> Bring your specimen and requisition to your local laboratory as soon as possible. If unable to return the sample to the laboratory right away, the sample can be stored in the refrigerator for up to 4 hours. Prolonged delays will affect the test results. Store at refrigerator temperature.
Questions About Your Collection?	<p>Laboratory location, hours and contact information may be found at:</p> <ul style="list-style-type: none"> https://myhealth.alberta.ca Health Link Alberta at 811